


Slow Cooker Recipes

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Slow Cooker Granola



Ingredients
2½ cup oats
½ cup nuts, chopped
½ cup dried fruit
¼ cup sweetener (honey, maple syrup, etc.)
¼ cup seeds (sunflower, pumpkin, etc.)
2 Tbsp butter (or nut butter)
1 tsp cinnamon

Equipment
3.5L or 6.5L Morphy Richards Slow Cooker

Method
1. Place all ingredients in slow cooker and set to high for 2 -3 hours. Place a chopstick or other utensil under the lid so it doesn't close all the way. Check and stir the granola around every 30 minutes, or when it becomes fragrant. Once it looks a bit browned and toasted, it's ready. Turn off slow cooker, let granola cool, then store in airtight bag or container in fridge.

Serves 12

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Slow Cooker Greek Yoghurt

Ingredients
1.5L full cream milk*
½ cup plain yoghurt
¼ cup powdered milk (optional)*



Equipment
3.5L or 6.5L Morphy Richards Slow Cooker
Thermometer
Blanket
Colander
Cheesecloth

Method
1. Pour milk into the slow cooker and set to HIGH until it reaches 85°C. This could take up to 2 hours.
2. When it reaches the temperature, turn the slow cooker off, and let milk cool down with the lid open until it reaches 45°C.
3. If using powdered milk, mix it together with the plain yoghurt. Then add in the slow cooker and stir well.
4. Place the lid back on the slow cooker and secure it. Cover the slow cooker with the blanket, and leave it resting for 6 hours.
5. Your plain yoghurt will have a watery substance on top, the whey. Mix it in**.
6. Place a few layers of cheesecloth in the colander, and then on top of a bowl. Pour the yoghurt into the lined colander and place everything in the fridge. Some of the whey will start to strain out.
7. Check after a few hours for consistency. If you like thicker yoghurt, let it strain more.

Notes
* *Powdered milk makes the resulting yoghurt creamier if using skim milk instead.*
*** This yoghurt is ready for consumption if you place it in the fridge and let it cool down. The whey can be alternatively used for smoothies because of its high protein content.*

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Slow Cooker Breakfast Omelette



Ingredients
6 eggs
½ cup milk
¼ teaspoon salt
fresh ground pepper, to taste
¼ teaspoon garlic powder, or to taste
¼ teaspoon chilli powder, or to taste
1 chorizo, finely sliced and chopped, browned in a fry pan
1 red bell pepper, thinly sliced
1 small yellow onion, finely chopped
1 garlic clove, minced

Garnish
shredded cheddar cheese
chopped tomatoes
chopped spring onions
fresh parsley

Equipment
6.5L Morphy Richards Slow Cooker

Method
1. Lightly grease the inside of the slow cooker/crock pot with cooking spray; set aside.
2. Fry the sliced chopped chorizo until browned. Drain and set aside.
3. In a large mixing bowl combine eggs, milk, salt, pepper, garlic powder and chili powder; using egg beaters or a whisk, beat the mixture until mixed and well combined.
4. Add chorizo, sliced peppers, onions and garlic to the slow cooker; stir in the egg-mixture.
5. Cover and cook on HIGH for 2 hours. Start checking at 1 hour 30 minutes. Omelette is done when eggs are set.
6. Sprinkle with cheese and cover; let stand 2 to 3 minutes or until cheese is melted.
7. Turn off the slow cooker.
8. Cut the omelette into wedges.
9. Transfer to a serving plate.
10. Garnish with chopped tomatoes, chopped spring onions and fresh parsley.
11. Serve.

Serves 6

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Slow Cooker Banana Bread Quinoa

Ingredients
1 cup quinoa
1½ banana (better if past-ripe)
½ cup light cream
½ cup skim milk
1 cup water
2 tablespoons walnuts, chopped
3 tablespoons brown sugar
1½ tablespoons butter, melted
½ teaspoon vanilla extract or vanilla beans



Equipment
6.5L Morphy Richards Slow Cooker

Method
1. Place all the ingredients (except the banana) inside the slow cooker. Mix ingredients together.
2. Mash the banana, then stir into the slow cooker until evenly distributed.
3. Set slow cooker to LOW for 4-6 hours. Check halfway through the cooking time, and add more liquid or sugar if needed.
4. Serve warm, garnished with slices of banana or apple, cranberries, toasted nuts, sultanas or your favourite breakfast topping.

Serves 6-8

Slow Cooker
Crab Stuffed Avocados



Ingredients
3 avocados, pitted and cut in halves
120g. cream cheese, softened
½ cup parmesan or sharp cheddar cheese, finely grated
170g. crab meat
¼ cup tomatoes, diced
2 spring onions, chopped stem only
A pinch of cayenne pepper
A pinch of paprika
Salt & pepper, to taste
Toasted breadcrumbs (optional)

Equipment
3.5L or 6.5L Morphy Richards Slow Cooker

Method
1. In a large bowl, mix cream cheese, crab meat, tomatoes, spring onions, cayenne pepper, paprika, salt and pepper until combined.
2. Fill each avocado half with the mixture. Top with parmesan or sharp cheddar and place inside slow cooker.
3. Set slow cooker to LOW for 2-3 hours, until the avocado is soft and cheese is melted.
4. Before serving, sprinkle some breadcrumbs on top for texture.

Serves 6

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Slow Cooker
Prawn & Artichoke Risotto



Ingredients
500g. prawns, peeled and deveined
250g. artichoke hearts, cut in quarters
1 can peas
3 cups seafood or chicken broth
1 cup onion, chopped
3 cloves garlic, minced
1 cup pearl barley
50g. parmesan cheese
2 teaspoon lemon zest
¼ cup olive oil
Red chillies, preferably dried
120g. baby spinach
Salt and pepper, to taste

Method
1. In a pan, saute the onion over medium low heat for 5 minutes. Stir in the garlic and cook for 1 more. Transfer to the slow cooker.
2. In your slow cooker, place artichokes, barley and broth. Mix everything well and season with salt and pepper.
3. Set slow cooker to HIGH for 3 hours, or until barley is tender and the liquid is almost entirely absorbed.
4. Stir in the prawns, peas and grated cheese, and cook on HIGH for 10 more minutes.
5. Uncover your slow cooker. Add lemon zest and baby spinach, and stir until wilted.
6. Blend olive oil and chillies. Season with salt and pepper.
7. Serve immediately while still warm, drizzled with the chilli oil mix.

Serves 3-4

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Slow Cooker
Thai-Style Steak Salad



Ingredients

• For the steak:
500g. beef chuck
¼ cup soy sauce
3 tablespoons honey
3 cloves garlic, minced

• For the peanut dressing:
2 tablespoons chunky peanut butter
¼ cup Hoisin sauce
1 tablespoon ginger, freshly grated
1 tablespoon tomato sauce
Juice of a lime
1 teaspoon sugar
2 cloves garlic
½-2 teaspoons hot chilli sauce
½ cup water

• For the salad:
½ cabbage, thinly sliced
1 cos lettuce, chopped
¼ cup carrots, thinly sliced
¼ cup capsicum, thinly sliced
1 cup cilantro, chopped
½ cup toasted peanuts
2 mangoes, pitted and diced

Equipment

Method

1. Lightly grease the inside of your slow cooker with cooking spray. Pour in all the steak ingredients and stir together well. Place the lid.
2. Set slow cooker to HIGH for 3 hours.
3. Remove the steak with a slotted spoon, and let it rest for 10 minutes. Then, cut into thin slices and set aside
4. Add all dressing ingredients to the blender. Blend together until fully combined.
5. In a large bowl, toss the salad ingredients together.
6. Serve a scoop of the salad, top with slices of steak, and drizzle with peanut dressing.

Serves 3-4

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Slow Cooker Beef Stroganoff



Ingredients

2 tbsp vegetable oil
800g diced beef (round steak is a great choice)
¼ cup plain flour
1 - 2 cans cream of mushroom soup
200g sliced or whole button mushrooms
3½ cup water
1 tbsp beef stock powder
1 cup sour cream
1 packet of fettucine or tagliatelle noodles

Equipment

3.5L or 6.5L Morphy Richards Slow Cooker

Method

1. Heat the oil in a large skillet, or the searing pot if you have the 'Morphy Richards Sear & Stew Slow Cooker'. In a bag place the flour and add the cubed beef. Toss well to coat the beef. Fry the beef in oil until browned all over.
2. Transfer the meat to the slow cooker and top with the soup, beef stock and water. Add the fresh sliced or whole mushrooms.
3. Cover the slow cooker with the lid and cook on High for 4 – 6 hours. Stir the sour cream through in the last 30 minutes of cooking, and leave the lid off to allow the sauce to thicken slightly.
4. Bring a large pot of water to the boil, cook the pasta according to the packet direction, drain and serve with the stroganoff over the top.

Serves 4

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Slow Cooker Beef Pot Roast

Ingredients
1 chuck roast, approx. 1.5 Kg.
1 onion, peeled and cut into large chunks
3 carrots, peeled and cut into large chunks
4 medium potatoes, peeled and cut into large chunks
2 stalks celery, cut into large chunks
1 cup beef stock
1 tablespoon cornflour
2 Tbls steak seasoning
1 Tbl salt
1 Tbl dried thyme
1 Tbl dried rosemary



Equipment
6.5L Morphy Richards Slow Cooker

Method
1. Combine the seasoning mix in a small bowl. Coat both sides of the beef with some olive oil, sprinkle a third of the seasoning mix on each side. Place the chopped vegetables in a bag, add the remaining seasoning mix, drizzle with a little olive oil, and shake to coat the pieces.
2. In a fry pan sear both sides of the chuck roast over a medium high heat, then transfer to the slow cooker insert.
3. In the same frypan, lightly saute the vegetables for about 5 minutes, stirring occasionally. Place vegetables over the beef and pour in the beef stock
4. Set slow cooker to HIGH for 4-5 hours, or LOW for 6-8 hours.
5. When cooked to your liking, strain the juices into a small saucepan. Whisk in the cornflour mixed with a little water, and heat to thicken.
6. Transfer the roast and vegetables to a platter and ladle the gravy over.

Serves 4-6

Notes
* *Double the recipe so you have leftovers that can be used as lovely pie fillings. Just add some peas and peppercorns for a Pepper Beef Pie for example.*

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Slow Cooker Lasagne



Ingredients
500g Beef mince
1 onion, chopped
2 tsp minced garlic
2 can chopped tomatoes
2 Tbls tomato paste
1 ½ tsp salt
1 tsp dried oregano
1 box lasagne sheets
300g fresh ricotta
½ cup parmesan cheese
400 g grated mozzarella cheese

Equipment
6.5L Morphy Richards Slow Cooker

Method
1. In a large fry pan, brown the beef mince, add onion and garlic and cook for 5 minutes. Add the tomato paste, stir into mince and cook until mixture dries a little. Add the tinned tomatoes, salt, oregano and stir until well incorporated.
2. In a large bowl mix together the cottage cheese, grated parmesan and mozzarella cheese.
3. Spoon a layer of the meat mixture into the base of the slow cooker. Add a double layer of the dry pasta, breaking to fit the slow cooker. Top the pasta with a portion of the cheese mixture. Repeat, layering the sauce, pasta and cheese until all ingredients used.
4. Cover and cook on LOW setting for 4 – 6 hours.

Serves 4-6

Slow Cooker
Chilli Con Carne



Ingredients
1 tbsp olive oil
1kg beef mince
1 large onions, finely chopped
3 cloves of garlic, finely minced
3 tbsp tomato paste
2 cans tinned tomato, crushed
½ cup water or beef stock
2 tbsp chili powder
2 ½ tsp ground cumin
2 tsp paprika
2 tsp cocoa powder
1 tsp granulated sugar
1 tsp ground coriander
Salt and freshly ground black pepper, to taste
1 can red kidney beans, drained and rinsed

Equipment
6.5L Morphy Richards Slow Cooker

Method
1. Heat olive oil in a large and deep non-stick skillet over medium-high heat. Once oil is hot, add onion and sauté 3 minutes, and then add garlic and sauté 30 seconds longer. Pour onions into slow cooker.
2. Return skillet to medium-high heat, add beef and cook stirring occasionally until beef has browned. Drain most of fat from beef, leaving about 2 Tbsp. in with beef (this is optional). Add tomato paste, stir through mince and cook until mixture starts to dry out a little. Pour browned beef into slow cooker.
3. Add diced tomatoes, 1/2 cup water or beef stock, chili powder, cumin, paprika, cocoa powder, sugar, coriander and season mixture with salt and pepper to taste. Stir mixture, cover with lid and cook on low heat for 5 - 6 hours.
4. Stir in red kidney beans and allow to heat through, about 10 minutes (if you want the soup to have more liquid you can add in another 1/2 cup water or beef stock). Serve warm with desired toppings.

Serve topped with:
Cheddar cheese, sour cream, chopped red or green onions, cilantro, roasted peppers, or hot sauce
Optionally serve with: corn chips, baked potato, and Mexican rice

Serves 4-6

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Slow Cooker
Guiness Beef Stew



Ingredients
3 tbsp butter, divided
8 Slices bacon, chopped
5 Shallots, thickly sliced
1.5kg Stewing steak (chuck or gravy beef)
300g Button mushrooms, sliced
3 Large carrots, thickly sliced
2 Cans Guiness
1 Bunch parsley, washed and chopped
2 Bay leaves

Equipment
6.5L Morphy Richards Slow Cooker

Method
1. In a large frying pan, add 1 tbsp of the butter and cook the bacon and shallots until golden brown. Using a slotted spoon transfer to the slow cooker. Do not drain the fat.
2. In the same skillet, add the beef in batches and cook until browned on all sides. Season with salt and pepper. Add the carrots.
3. If necessary add a little more butter and cook the mushrooms. Once cooked add to the slow cooker.
4. Pour the Guinness into the skillet and deglaze the pan, then pour over the meat. Add the bay leaves and half the parsley, cover and cook for 4 hours on high, 6 – 8 hours on low. Just before serving add the other half chopped fresh parsley.
5. Serve with either mashed potato, sweet potato mash or crusty bread

Serves 6

Slow Cooker Chinese-Style Chicken Noodles

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Ingredients
½ - 1 Kg. skinless & deboned chicken thighs or breasts
2 cups bok choy, sliced
2 large garlic cloves, peeled and thinly sliced
½ Tbl ginger, freshly grated
½ cup carrots or broccoli, sliced
1 red capsicum, sliced
½ teaspoon chilli flakes
⅔ cup chicken broth
3 teaspoon Hoisin sauce
2 teaspoon honey
3 tablespoon oyster sauce
2 tablespoon soy sauce
2 cups Lo Mein noodles or cooked spaghetti
2 tablespoon corn starch
Salt, pepper & sesame seeds, to taste

Equipment
3.5L or 6.5L Morphy Richards Slow Cooker

Method
1. In a bowl, combine chicken broth, oyster sauce, soy sauce, Hoisin sauce, honey, garlic, ginger and chilli flakes. Using the Sear & Stew slow cooker or heating a medium frypan, toss the chicken with the combined sauce and place into slow cooker after a few minutes.
2. Set slow cooker to HIGH for 1 ½ - 2 hours, or LOW for 3 - 4 hours.
3. Prepare noodles according to package directions, drain well and set aside. Toss a bit of olive oil through the cooked pasta to prevent it from sticking together.
4. When chicken is cooked, cut, shred or dice it and place back in the slow cooker. Add bok choy, capsicum and carrots or broccoli.
5. In a bowl, whisk corn starch and water. Pour into the slow cooker while stirring to mix completely.
6. Set slow cooker to HIGH for 30 minutes, or until the sauce is cooked and thickened.
7. Combine the noodles with the contents of the slow cooker, stirring well to coat them with sauce.
8. Serve hot and garnish with sesame seeds.

Serves 3-4

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Slow Cooker Cashew Chicken



Ingredients
4 skinless chicken breasts
3 Tablespoons cornflour
½ tsp black pepper
1 tbsp canola oil
½ cup soy sauce
4 tbsp rice wine vinegar
4 tbsp tomato sauce
2 tbsp sweet chili sauce
2 tbsp brown sugar
2 garlic cloves, minced
1 tsp grated fresh ginger
¼ tsp red pepper flakes
1 red capsicum, sliced thickly
1 cup cashews

Equipment
3.5L or 6.5L Morphy Richards Slow Cooker

Method
1. Combine cornflour and pepper in resealable food storage bag. Add chicken. Shake to coat with cornflour mixture.
2. Heat oil in skillet over medium-high heat. Brown chicken about 2 minutes on each side. Place chicken in slow cooker. Add sliced capsicum.
3. Combine soy sauce, vinegar, ketchup, sweet chili sauce sugar, garlic, ginger, pepper flakes, and cashews in small bowl; pour over chicken. (If you like cashews to be softer add them during the cooking process, if you want more of a crunch, add them right before serving)
4. Cook on LOW for 3 to 4 hours.
5. Serve over rice.

Serves 4-6

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Slow Cooker Chicken & Mango Stuffed Capsicums



Ingredients

• For the mango chicken mix:
1 Kg. chicken thighs, skinless and deboned
½ Kg. frozen mango chunks
½ onion, finely diced
1 capsicum, finely diced
4 cloves garlic, minced
1 teaspoon dried ginger or ½ teaspoon freshly minced ginger
1 teaspoon allspice
1 orange, zested and juiced
¼ teaspoon chilli flakes
2 teaspoons salt

• For the final dish:
1 tablespoons honey
2 tablespoons cilantro, chopped
2 teaspoons Queensland arrowroot powder*
4-5 medium-sized capsicums, seeded and cut in half
Grated cheese (optional)

Equipment

3.5L or 6.5L Morphy Richards Slow Cooker

Method

1. Place all the mango chicken mix ingredients into the slow cooker. Secure the lid and set to HIGH for 4-5 hours until the chicken is tender.
2. Shred the chicken with a couple of forks. Pour into the slow cooker honey, cilantro and arrowroot powder, and let them meld their flavours together with the power off and just the remaining heat.
3. Using tongs, put some chicken mixture into the halved capsicums. Leave as much of the liquid as you can in the slow cooker.
4. Top the prepared capsicums with a bit of the grated cheese. Bake for 10-12 minutes to 180°C in a fanned-forced function. The capsicums should be just crisped but tender and the cheese melted. Garnish with more cilantro and avocado.
5. Serve warm.

Serves 3-4

Notes

** The arrowroot powder is used to thicken the liquid slightly. You can substitute with a bit of cornflour instead.*

Slow Cooker
Pork Pozole



Ingredients

1½ Kg. boneless pork roast, cut into 10cm pieces
1 can hominy*
2 tablespoons olive oil
1 large onion, chopped
8 garlic cloves, crushed
1 tablespoon chilli powder
1 teaspoon smoked paprika
8 cups chicken broth
Salt & pepper, to taste

Sour cream, lime wedges, sliced radishes, chopped cilantro, diced red onion and avocado to garnish.

Equipment

6.5L Morphy Richards Slow Cooker

Method

1. Salt and pepper all sides of the pork pieces. Heat the oil in a large deep pan, and brown all sides of the pork. Remove from heat and place into the slow cooker.
2. In the same pan, add onion, garlic, chilli powder, smoked paprika and saute for 4-5 minutes. Add the chicken broth and bring to a simmer. Pour over the pork.
3. Place hominy in the slow cooker, salt and pepper to taste.
4. Set slow cooker to HIGH for 4 hours or LOW for 6-8 hours.
5. Carefully remove the pork pieces, and shred lightly with a pair of forks. Return them to the pozole and check seasoning.
6. Serve in bowls with desired toppings.

Serves 8

Notes

* *Hominy is corn that gets dried, then boiled, and finally soaked in lime until moist and plump. It is available through online and Mexican specialty food stores.*

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Slow Cooker
Fruit Stuffed Pork Roast



Ingredients
1 Kg. pork loin
2 tablespoons Dijon mustard
1 tablespoon unsalted butter, melted
1 cup wet pork or beef mince, cooked
1 cup diced dried fruit
½ cup apples, diced
¼ cup brown sugar
1 tablespoon oil
½ cup apple cider
Salt and pepper, to taste

Equipment
6.5L Morphy Richards Slow Cooker

Method
1. Cut the pork loin horizontally and open it flat. If pork is thicker than approx. 2cm, pound until reaching that thickness.
2. Mix mustard and butter. Spread half of this mixture on the inside.
3. Mix the mince, apple and dried fruit, and spread on top of the mustard.
4. Roll up the pork, and tie with kitchen thread.
5. Spread remaining mustard mix on the outside of the pork, and rub with the brown sugar.
6. Over medium high heat, brown all the sides of the roast. Then transfer roast to the slow cooker.
7. Pour the apple cider in the pan used to brown the pork, and cook for 2-3 minutes until all the remaining caramelised juices of the pork dissolve. Season with salt and pepper, and pour into slow cooker.
8. Set slow cooker to LOW for 6-8 hours.
9. Serve sliced.

Serves 8

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Slow Cooker Sweet & Sour Pork



Ingredients
1 - 1½ Kg. pork loin
1 tablespoon olive oil
2 garlic cloves, minced
½ cup honey
¼ cup soy sauce
1 tablespoon Worcestershire sauce
½ teaspoon ground ginger or 1 tablespoon fresh ginger
2 tablespoon cornstarch
Juice of 1 lime
Cilantro or sesame seeds, for garnish
Salt & pepper, to taste

Equipment
6.5L Morphy Richards Slow Cooker

Method
1. Season the pork throughout with salt & pepper. In a large frying pan, add the olive oil and pan sear it on all sides over medium high heat until edges start to blacken. Place at the bottom of slow cooker.
2. In a bowl, whisk together garlic, honey, soy sauce, Worcestershire sauce, ginger and lime juice. Pour over the pork, and place the lid.
3. Set slow cooker to HIGH for 4-6 hours, or LOW for 6-8 hours.
4. Pour the juices in a medium saucepan, and whisk in the cornstarch. Reduce the marinade over medium high heat for a few minutes until it thickens.
5. Serve with mash and fresh garden salad and garnish with cilantro, or serve with stir-fried veggie pancake and garnish with sesame seeds.

Serves 8

Slow Cooker
Texas Pulled Pork



Ingredients
1 tsp Vegetable oil
1-2kg Pork shoulder
1 cup BBQ sauce
½ cup apple cider vinegar
½ cup chicken stock
¼ cup light brown sugar
1 tbsp dijion mustard
1 tbsp worcestershire sauce
1 tsp chilli powder
1 large onion, chopped
2 large cloves garlic, crushed
1 ½ tsp dried thyme

Equipment
3.5L or 6.5L Morphy Richards Slow Cooker

Method
1. Pour the vegetable oil into the bottom of the slow cooker. Place the pork shoulder into the dish, pour in the BBQ sauce, apple cider vinegar, and chicken stock.
2. Stir in the brown sugar, mustard, worcestershire sauce, chilli powder, onion, garlic and thyme. Put the lid on and cook for 5-6 hours or until the meat shreds easily.
3. Once cooked, remove pork from the juices and shred using two forks. Place back in the dish and stir through the juices.
4. Can be served with fresh bread rools and coleslaw on the side.

Serves 6-8

Slow Cooker Poached Salmon

Ingredients
1 Kg. skin-on salmon or 4-6 salmon fillets
2 cups water
1 cup dry white wine
1 lemon, thinly sliced
1 shallot, thinly sliced
1 bay leaf
1 teaspoon black peppercorns
1 teaspoon salt
Olive oil
Fresh herbs (like tarragon, dill, parsley, etc.)



Equipment
3.5L or 6.5L Morphy Richards Slow Cooker

Method
1. Combine all the ingredients (except the salmon and olive oil) into your slow cooker.
2. Set slow cooker to HIGH for 30 minutes.
3. Season the top of the salmon with freshly ground salt and pepper, and place into the slow cooker skin side down.
4. Place the lid again and set slow cooker to LOW for 45 minutes - 1 hour. This will produce salmon cooked medium. If you like your salmon more cooked, leave in the slow cooker for longer, until preferred doneness is achieved.
5. Drizzle salmon with olive oil and sprinkle some salt and pepper on top.
6. Serve with lemon wedges and a light garden salad, or in a tomato based sauce and roasted potatoes bed.

Serves 4-6

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Slow Cooker
Lamb Shank Rogan Josh

Ingredients

4 lamb shanks - about 1.5kg
3 brown onions, peeled and thinly sliced
3 large garlic cloves, peeled and thinly sliced
400g can of chopped tomatoes
125ml hot beef stock
1 Jar Rogan Josh simmer sauce
Small bunch fresh coriander (cilantro)
4 Tbsp natural yoghurt or double cream
handful cherry tomatoes, halved
Grapeseed (canola) oil to fry
Salt and freshly ground black pepper



Equipment

6.5L Morphy Richards Slow Cooker

Method

1. Heat a little oil in a large frying pan or casserole and brown the lamb shanks on all sides. Remove from the pan and set aside.
2. Lower the heat and add the chopped onions, stir until the onions start to soften – about 5 minutes and add the simmer sauce.,
3. Remove the leaves from the bunch of coriander and reserve. Finely dice the coriander stalks.
4. Turn the heat up and add the tinned tomatoes, chopped coriander stalks and stock. Stir everything together and bring to the boil. Turn the heat off and season with salt and pepper.
5. Arrange the lamb shanks in the bottom of the slow cooker. Pour the contents of the pan over the lamb so that it covers them about halfway up.
6. Cook for 6 hours on the low setting.
7. Add the chopped cherry tomatoes and yoghurt and cook for a further 30 minutes on high heat.
8. Remove the lamb shanks from the slow cooker and flake the meat off the bone. Mix the meat back in with the sauce. Alternately leave the shanks whole.
9. Serve with basmati rice and garnish with the fresh coriander leaves.

Serves 4

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Slow Cooker Miso Eggplant



Ingredients - Apple Mixture

2 medium eggplants, halved lengthways
1 cup sushi rice
¼ cup white miso paste
2 teaspoon soy sauce
2 garlic cloves, crushed
½ teaspoon sesame oil
2 tablespoon mirin seasoning
2 teaspoon caster sugar
2 tablespoon water
Sesame seeds, toasted

Equipment

Method

1. Combine miso paste, soy sauce, garlic, oil, mirin, sugar and water. Use a couple of tablespoons of this mixture to cover the base of your slow cooker.
2. Criss-cross the eggplant flesh without cutting through the skin. Place into slow cooker cut-side up.
3. Pour half of the remaining miso mixture on top of the eggplants, and cover with the lid.
4. Set slow cooker on HIGH for 2 hours, or LOW for 4 hours. Baste with the remaining miso mixture halfway through cooking.
5. Cook rice, as per packet instructions.
6. Serve eggplants sprinkled with sesame seeds and rice.

Serves 4

Slow Cooker
Spiced Lentil Soup

Ingredients
275g Split red lentils
2 tbsp Olive oil
1 Large onion, peeled & finely chopped
2 Large garlic cloves, grated
1 tsp Ground cumin
1 tsp Ground coriander
2 tsp Garam Masala
1-2 tsp Ground ginger
1/2 tsp Ground turmeric
1 Tomato, seeded & chopped
800ml Chicken stock

Optional: 3-4 tbsp natural yoghurt & fresh coriander



Equipment
3.5L or 6.5L Morphy Richards Slow Cooker

Method
1. Rinse the lentils under running water, drain and set aside.
2. Heat olive oil in a pan, cook the onion and garlic. Saute for 4-5 minutes until soft and golden. Stir in the ground spices and cook for another 2 minutes.
3. Add the onion spice mix, lentils, stock & tomato to the slow cooker and cover. Set to low and cook for an hour and a half or until lentils are soft, stirring every now and then. You may need to add more stock.
4. Using a stick mixer, blend half of the soup.
5. Serve topped with yoghurt and fresh coriander.

Serves 4

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Slow Cooker Sweet Potato & Lentil Soup



Ingredients
1 large sweet potato, peeled and diced
3 medium carrots cut in ½ inch pieces
3 stalks celery, cut into ½ inch pieces
1 leek, halved lengthwise and cut into ½ inch pieces, white and light green parts only
¾ cup rinsed yellow or red lentils
1 x 4 inch piece of ginger, peeled and finely grated
1 tsp curry powder
Sea salt
1 tbsp unsalted butter
2 cloves garlic, thinly sliced
Juice of ½ lemon
½ cup chopped fresh coriander
Optional, yogurt

Equipment
3.5L or 6.5L Morphy Richards Slow Cooker

Method
1. Combine the sweet potato, carrots, celery, leeks, lentils, ginger, 3/4 teaspoon curry powder and 1 teaspoon salt in a slow cooker. Add 6 cups water and stir, then cover and cook on low, undisturbed, 6 - 8 hours.
2. Using a hand blender, blend a portion of the soup to puree. Thin with hot water, if desired.
3. Melt the butter in a small skillet over medium-high heat. Add the garlic and the remaining 1/4 teaspoon curry powder and cook until the curry powder is slightly toasted, about 1 minute. Stir the curry mixture into the soup and add the lemon juice, coriander, and salt to taste.
4. Serve with a dollop of yogurt if desired.

Serves 4-6

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Slow Cooker Cauliflower & Broccoli Cheese Soup



Ingredients
4 cups broccoli florets, roughly chopped
1 cup cauliflower, roughly chopped
⅓ cup butter
1½ cups onion, chopped
2 cloves garlic, minced
6 tablespoons all-purpose flour
2 cans evaporated milk
5 cups chicken broth
A pinch of dried thyme
½ cup heavy cream
350g. sharp cheddar cheese, freshly shredded
50g. parmesan cheese, finely shredded

Equipment
6.5L Morphy Richards Slow Cooker

Method
1. Melt butter in a skillet over medium heat. Add onions and saute until soft.
2. Add garlic, flour, and salt and pepper to taste, stirring constantly for 2 minutes.
3. While whisking, pour in evaporated milk slowly and cook mixture until it begins to thicken.
4. Pour into the slow cooker, along with chicken broth, broccoli, cauliflower and thyme.
5. Set slow cooker to HIGH for 2½ - 3 hours or LOW for 6 hours.
6. Turn off the slow cooker (or leave in Keep Warm function if you have the Healthy Living Digital Slow Cooker). Stir in heavy cream and both types of cheese.
7. Serve warm.

Serves 6

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Slow Cooker Dinner Rolls



Ingredients
1½ cups warm water
¾ tablespoon yeast
¾ tablespoon sea salt
3-3½ cups wholegrain flour
Melted butter or olive oil

Equipment
3.5L or 6.5L Morphy Richards Slow Cooker

Method
1. Line the insides of your slow cooker with baking paper and spray lightly with cooking spray.
2. In a mixing bowl, stir together water, yeast and salt. Add flour next. and mix until fully incorporated. The dough should be very sticky.
3. Cover dough and let rise to room temperature until it has doubled its size*.
4. Punch dough down and divide into equal sections. If using a 3.5L Morphy Richards slow cooker, you will fit approx. 6 rolls. If using a 6.5L, you can fit up to 9.
5. Set slow cooker to HIGH for 1-1½ hours, or until done. The rolls are cooked when set & soft, and no longer sticky.
6. Brush the tops with melted butter or olive oil and sprinkle some salt.
7. Place the rolls under the grill of your oven or a broiler to add some colour, until crispy and brown.
8. Serve warm.

Serves 6-9

Notes
You can freeze the dough produced in step 3 for later use. If you do, when you are ready to bake the rolls you will have to set your slow cooker to LOW for 1-1½ hours, or until the dough thaws and rises; BEFORE changing the setting to HIGH and baking them through.

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Slow Cooker Baked Potatoes



Ingredients
6 - 8 large potatoes
Olive oil
Sea salt
Alfoil
Sour cream
Chopped chives
Grated cheese

Equipment
3.5L or 6.5L Morphy Richards Slow Cooker

Method
1. Prick the potatoes all over with a fork. Drizzle with a little olive oil and sprinkle some sea salt over.
2. Wrap in alfoil and place in the slow cooker. Repeat with remaining potatoes.
3. Cover the slow cooker with the lid and bake on low for 8 – 10 hours. The potatoes should be ready to eat any time after 8 hours.
4. Remove the potatoes from the slow cooker, split with a knife and top with desired ingredients - grated cheese, avocado, leftover chilli con carne, sour cream, chopped chives, bacon.
5. For a delicious alternative, try baking sweet potato.

Serves 4-6

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Slow Cooker Mushrooms



Ingredients

650g. button mushrooms
4 cloves garlic, minced
½ teaspoon dried basil
½ teaspoon dried oregano
¼ teaspoon dried thyme
2 bay leaves
1 cup vegetable stock
¼ cup half and half*
2 tablespoon unsalted butter
2 tablespoon fresh parsley, chopped
Salt & pepper, to taste

Equipment

3.5L or 6.5L Morphy Richards Slow Cooker

Method

1. Place all ingredients (except fresh parsley, half and half, and butter) into the slow cooker. Stir well, and season with salt and pepper. Place the lid.
2. Set your slow cooker on HIGH for 1-2 hours, or LOW for 3-4 hours. Stir in half and half, and butter during the last 15-20 minutes of cooking time. The mushrooms should be brown and tender.
3. Serve hot, garnished with parsley.

Serves 4

Notes

** Half and half is equal parts full cream milk and cream. For 1 cup of half and half, you can also do ¾ cup whole milk + ¼ cup heavy cream, or ⅔ cup skim milk + ⅓ cup heavy cream.*

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Slow Cooker Cauliflower Mash



Ingredients
1 large head cauliflower, cut into medium florets
6 cloves garlic, peeled
1 tablespoon fresh rosemary, minced
1 tablespoon fresh sage, minced
1 tablespoon fresh thyme, minced
1 tablespoon fresh parsley, minced
1 cup vegetable broth
4-6 cups water
3 tablespoon butter or ghee
Salt & pepper, to taste

Equipment
3.5L or 6.5L Morphy Richards Slow Cooker
Total Control Hand Blender

Method
1. Place all ingredients, except the fresh herbs and butter, inside the slow cooker.
2. Set slow cooker to HIGH for 3 hours, or LOW for 6 hours.
3. Drain the water and broth. Using the Total Control Hand Blender, toss in the butter and mash to desired consistency.
4. Season with salt, pepper, and mix in the fresh herbs.
5. Serve warm as substitute to mashed potatoes.

Serves 4-6

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Slow Cooker Cranberry Sauce



Ingredients

350g. fresh cranberries or riberries (also known as rainberries)
1 cup dried cranberries
1 cup granulated sugar
1 cup brown sugar
1 cup freshly squeezed orange juice
½ cup water
Zest of 1 orange
2 tablespoons ginger, freshly grated
30ml red port (optional)

Equipment

3.5L or 6.5L Morphy Richards Slow Cooker

Method

1. Place inside the slow cooker the fresh cranberries, granulated & brown sugar, orange juice, ginger and port. Stir together until incorporated and fix the lid.
2. Set slow cooker to HIGH for 3-3 ½ hours, or until cranberries begin making popping sounds.
3. Uncover the slow cooker without turning it off. Cook for 30 minutes, then mix in the dried cranberries and orange zest.
4. Turn slow cooker off, and let sauce cool completely. Make sure to stir it often, as mixture will thicken as it gets colder and it could stick to the edges.
5. Transfer to an airtight container, and chill for 8 hours. You can use the sauce up to 2 weeks after prepared. This recipe yields approx. 5½ cups.

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Slow Cooker White Hot Chocolate



Ingredients
250g. white chocolate, broken in pieces
4 cups half and half*
200 g. marshmallow creme or fluff
2 cups milk
1 can sweetened condensed milk
4 sticks cinnamon
2 teaspoons vanilla extract
½ teaspoon ground cardamom
½ teaspoon ground nutmeg

Equipment
3.5L or 6.5L Morphy Richards Slow Cooker

Method
1. Place all ingredients in slow cooker and set to LOW for 2½ -3½ hours, stirring occasionally.
2. Serve while hot, straining all the solids out.

Notes
* *Half and half is equal parts full cream milk and cream. For 1 cup of half and half, you can also do ¾ cup whole milk + ¼ cup heavy cream, or ⅔ cup skim milk + ⅓ cup heavy cream.*

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Slow Cooker Apple Martini



Ingredients
1 part vanilla vodka
3 parts apple cider
2 cinnamon sticks, per litre of mix
¼ cup caramel sauce, per litre of mix

Equipment
3.5L or 6.5L Morphy Richards Slow Cooker

Method
1. Place apple juice and cinnamon sticks into slow cooker. Set to HIGH for 1-2 hours.
2. Add the vanilla vodka and stir with juice still hot.
3. For garnish you can mix equal parts of cinnamon and sugar in a shallow bowl. Wet rims of martini glasses with lemon, and dip glasses in the mixture.
4. Serve warm drizzled with caramel sauce during cold weather, or chilled with apple slices during warm weather.

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Slow Cooker
Spiced Green Tea



Ingredients
1 cinnamon stick, broken in small pieces
1 tablespoon crystallised ginger
4 cups green tea
4 cups freshly squeezed orange juice
¼ cup frozen mangoes, diced
¼ cup peaches, diced
½ cup dried fruit

Equipment
3.5L or 6.5L Morphy Richards Slow Cooker
Cheesecloth

Method
1. In the center of the cheesecloth, place cinnamon and crystallised ginger. Tie it up with kitchen string to make a spice bag.
2. Pour tea, juice, spice bag and dried fruit in the slow cooker. Place the lid.
3. Set slow cooker on HIGH for 2-3 hours, or LOW for 4-6 hours.
4. Strain all the smaller bits.
5. Serve warm or chilled, and sweeten to taste with sugar.

Slow Cooker Dulce de Leche



Ingredients

2 cans sweetened condensed milk (or approx. 800g)
Water

CHOOSE ONE OPTION TO MAKE INFUSED DULCE DE LECHE
30ml Kahlua, or
1 tablespoon salt, or
Vanilla beans, or
1 teaspoon cardamom, or
30ml very concentrated Earl Grey tea

Equipment

3.5L or 6.5L Morphy Richards Slow Cooker
4 Mason jars (240ml each)

Method

1. Mix the sweetened condensed milk with your infusion option (if any) in a bowl.
2. Divide the infused milk amongst the jars. Seal them with clean rings and lids. Place the sealed jars into the slow cooker, in a way they do not touch between each other.
3. Fill the slow cooker with water until the lids are submerged approximately under 5cm.
4. Set slow cooker to LOW for 10 hours.
5. Remove the jars carefully with a pair of tongs and leave on the counter until they have cooled down to room temperature. Remember the water and the jars will be very hot from the slow cooker.
6. If some of the rings have rusty spots, wipe them off with a towel.
7. Once cooled down, refrigerate until using. Your dulce de leche can be refrigerated up to 4 weeks.

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Slow Cooker Apple Crisp



Ingredients - Apple Mixture
6-7 Granny Smith Apples, peeled, cored and sliced
Juice of 1 lemon
¼ cup white sugar
1 tsp vanilla extract
1 tsp cinnamon
½ tsp baking powder

Topping
½ cup dry oats (instant or rolled, certified gluten free)
½ cup all-purpose flour, gluten free
8 tbsp butter, unsalted
¾ cup brown sugar
¼ cup white sugar
1 tsp. cinnamon
¼ tsp. nutmeg
¼ tsp. salt

Equipment
6.5L Morphy Richards Slow Cooker

Method

1. Place sliced apples in slow cooker.
2. Add lemon juice, cinnamon, white sugar, baking powder, and vanilla extract. Stir until apples are evenly coated.
3. In a mixing bowl, add oats, flour, brown sugar, white sugar, cinnamon, nutmeg, and salt. Stir to combine all ingredients.
4. Cut butter into flour mixture.
5. Using a spoon or your hands, combine flour mixture and butter until it forms a dough.
6. Crumble dough on top of apples evenly.
7. Place lid on slow cooker and set on High for 2 hours OR Low for 4 hours.
8. Open lid part way and cook for an additional hour to let the top get "crispy".
9. Serve warm and top with vanilla ice cream if desired.

Serves 6

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Slow Cooker Orange Cheesecake

Ingredients
6 scotch fingers, nice biscuits or any medium-sized biscuits (to make a crust)
¾ cup water + enough to fill slow cooker approx. to ½ inch depth
3 tablespoon corn starch
250g. cream cheese
250g. regular tofu
⅔ cup sugar
2 tablespoon brown sugar
1 teaspoon vanilla extract
1 medium orange, zested and juice



Equipment
6.5L Morphy Richards Slow Cooker
Total Control Hand Blender

Method
1. Fill your slow cooker with 2 cups of water (or until you get approx. ½ inch depth). Then place a trivet or upside-down bowl, cover with the lid and turn onto HIGH.
2. Using bursts of power of your Total Control Hand Blender, crumb the biscuits until there are no big lumps or chunks. You should have approx. 1 cup. Lightly butter or oil a cake tin and place crumbs at the bottom of the pan, spreading them evenly.
3. Using the Total Control Hand Blender, mix together water and cornstarch first, then add cream cheese, tofu, sugar, brown sugar and vanilla extract. Mix or blend for 1-2 minutes until creamy, scraping down the sides of the container occasionally. Once the filling is creamy, add orange juice and zest and mix just to incorporate.
4. Pour filling on top of biscuit crumb. Place the cake tin/pan on top of the trivet inside the slow cooker and place the lid.
5. Set slow cooker to HIGH for 3 hours.
6. When time is up, remove the lid, turn off the slow cooker and let the cheesecake cool down for 30-60 minutes without moving.
7. When cool enough, remove cake tin/pan and transfer to the fridge. Chill at least 2-3 hours before serving.

Serves 8

Slow Cooker Coffee Cake

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Ingredients
2½ cups all-purpose flour or gluten-free flour blend*
1½ cups brown sugar
⅔ cup vegetable oil
2 teaspoons baking powder
½ teaspoon baking soda
1 teaspoon ground cinnamon
2 eggs
1⅓ cups full fat milk or almond milk
1 teaspoon white vinegar
1 teaspoon salt
½ cup pecans or other nuts, peeled and chopped (optional)



Equipment
6.5L Morphy Richards Slow Cooker
Slow cooker liners (optional)

Method
1. Mix flour, brown sugar and salt in a large bowl using a wooden spoon until the mixture looks crumbly. Set ½ cup of the mixture aside in a separate bowl.
2. Whisk milk, eggs and vinegar in a measuring cup until the eggs are beaten. Then add to the flour mixture in the big bowl, and stir until combined. The mixture may look slightly lumpy.
3. Spray the inside of the slow cooker with nonstick cooking aerosol, or line with a sprayed slow cooker liner. Pour the batter into the slow cooker.
4. Stir the pecans or other nuts into the reserved flour mix. Sprinkle on top of the batter.
5. Place a large paper towel over the top of the slow cooker insert**, then place the lid on top.
6. Set slow cooker to HIGH for 1½ - 2 hours, or until a toothpick comes out clean around the edges. Even when it's done baking, the top of the cake will look wet and some crumbs will stick to the toothpick.

Serves 10-12

Notes
** 1 cup of our recommended gluten-free flour blend is ½ cup rice flour, ¼ cup tapioca starch/flour, ¼ cup corn or potato starch.*
*** The paper towel catches excess condensation, helping to prevent the cake from becoming mushy.*

Slow Cooker
Bread & Butter Pudding

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Ingredients
8 slices of bread (not fresh!)
100g/large handful sultanas
2 eggs
400 ml milk
3 tsp white sugar
1 tsp cinnamon
1 tbsp butter/margarine



Equipment
6.5L Morphy Richards Slow Cooker

Method
1. Grease the inside of the slow cooker well with the butter.
2. Cut the bread up into pieces and add to the bottom of the slow cooker.
3. Sprinkle over the sultanas over the bread
4. In a bowl, mix the other ingredients and pour over the bread, making sure it's fully coated.
5. Place a tea towel under the lid and cook on high for 2 hours.

Serves 6

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Slow Cooker
Pina Colada Dump Cake



Ingredients

1 can crushed or diced pineapple
1 can coconut cream
1 cup coconut milk or evaporated milk
1 cup plain flour
2 tablespoon oil
30ml rum
1 teaspoon vanilla extract
1½ teaspoon baking powder
1 cup shredded coconut, toasted

Equipment

3.5L or 6.5L Morphy Richards Slow Cooker

Method

1. Drain the can of pineapple (reserving the juice), and spread evenly at the bottom of the slow cooker.
2. Combine vanilla, flour, baking powder, ⅓ cup coconut cream, ⅔ cup of reserved pineapple juice, ½ cup shredded coconut, rum and oil in a medium bowl. Stir together until well incorporated, and then pour on top of the pineapple.
3. Stir the coconut milk and the rest of the coconut cream in a pot. Bring to a boil, and pour on top of the batter without stirring. Place the lid.
4. Set slow cooker to HIGH for 2-3 hours or LOW for 3-4 hours.
5. Scoop the contents of the slow cooker into serving bowls.
6. Serve slightly warm, topped with ice cream and the rest of the coconut.

Serves 6

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Slow Cooker Christmas Pudding



Ingredients
175g Each raisins, currants & sultanas
140g Whole glace cherries
50g Mixed peel
50g Whole blanched almonds
Zest 1 orange & 1 lemon
1 Medium carrot, peeled and finely grated
1 Red apple, peeled & grated
150ml orange liqueur, such as Grand Marnier
175g Brown sugar
175g Fresh white breadcrumbs
125g Self-raising flour
1 tsp mixed spice
1/4 tsp grated nutmeg
175g Butter, frozen
2 Eggs, beaten Butter for greasing

Equipment
6.5L Morphy Richards Slow Cooker

Method
1. Mix the fruit, almonds, citrus zests, apple and the carrot with the brandy/orange juice and orange liqueur in a large mixing bowl. Cover and leave to soak for 1-3 nights.
2. Mix all of the dry ingredients together, then add to the soaked fruit mixture. Grate in the butter, then add the eggs and stir.
3. Grease a 1.5-litre pudding basin with butter and line the base with grease-proof paper. Spoon in the mixture, press down well and make a hollow with the back of the spoon in the centre. Cover the surface with a round of grease-proof paper, then cover the bowl with double-thickness grease-proof paper and foil and tie at the rim with string. Alternately use a pudding tin with a lid that seals well. Lower the pudding into the slow cooker with an upturned saucer in the base, and then fill with water until it comes ¾ up the sides of the bowl. Set the slow cooker to high for the first hour and then reduce to low. Cook for 7 hours, topping up with water as necessary.
4. To store, remove the baking paper and allow the pudding to cool completely, Place a fresh piece of baking paper over the pudding, replace the lid or cover with foil. This pudding can be stored for up to 1 year.
5. On the day, steam or heat in the same manner for at least one hour before serving to heat through. Delicious served with brandy butter, vanilla ice cream or custard.

Serves 6-8

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Slow Cooker
Sticky Pecan Buns



Ingredients

- For the dough:

90ml skim milk
60ml maple syrup
½ tablespoon unsalted butter
1 teaspoon vanilla extract
2¼ teaspoon yeast
1½-2 cups flour
Pinch of salt

- For the caramel:

2 tablespoon unsalted butter
30ml skim milk
60ml maple syrup
¼ cup pecans or other nuts, peeled and chopped

- For the filling:

45ml maple syrup
1-2 teaspoon ground cinnamon
½ tablespoon unsalted butter, melted

Equipment

6.5L Morphy Richards Healthy Living Digital Slow Cooker

Method

1. Lightly coat the inside of your slow cooker with cooking spray. Be careful not to spray the rim.
2. To prepare the dough, combine milk, maple syrup, butter and vanilla in a microwave-safe bowl. Microwave for 20-second intervals, stirring for a minute after each one, until the butter is completely melted. The mixture should be warm to the touch. Add the yeast & salt, and let it rest for 10-15 minutes.
3. Mix in the flour slowly. If the dough is still sticking to the sides of the bowl, add a bit more of flour. Then, knead for a few minutes until it gently springs back after you press it. Put aside.
4. To prepare the caramel, combine all the ingredients (except the pecans) in a pot. Over medium-low heat, stir frequently until the butter melts completely and the caramel darkens and thickens a bit. Pour into the slow cooker leaving ½ inch border around the rim*, and sprinkle pecans on top.
5. To prepare the filling, whisk together maple syrup and cinnamon.
6. Sprinkle some flour on a flat surface. Roll out the dough into a 25x35cm rectangle, and brush with melted butter. Pour the filling on top, leaving a ½ inch border on the 2 longer edges.
7. Make a roll into a log from one long edge to the other. Using dental floss to cut, make 12 rolls and place immediately inside the slow cooker.
8. Fit the lid and select "Keep warm" setting. Leave for 45 minutes. or until the rolls have doubled in size.
9. Set slow cooker to LOW for 1-1 ½ hours.
10. Let the buns cool down for 10 minutes before inverting them onto a wire rack. Do not leave them any longer, since the caramel will harden and the rolls will not come out.
11. Serve warm.

Serves 12

Notes

** Not leaving this rim when pouring the caramel will most likely push the pecans out of the way, leaving them on the sides rather than at the top of the buns.*

Slow Cooker Spiced Peaches

Ingredients
8 peaches, pitted and sliced or cubed
1 cup sugar
½ teaspoon ground cinnamon
½ teaspoon ground cloves
1 tablespoon brandy
¼ cup butter, diced



Equipment
3.5L or 6.5L Morphy Richards Slow Cooker

Method
1. Combine all the ingredients in the slow cooker. Cover with lid.
2. Set slow cooker to LOW for 1-2 hours.
3. Serve with your favourite ice cream flavour or as topping for granola or other dessert.

Serves 8

Slow Cooker Gluten-Free Blueberry Coconut Slices

Ingredients
1 egg
¼ cup coconut oil
¼ cup unrefined sugar
¼ shredded coconut, unsweetened
1 teaspoon baking powder
1 ½ cups almond flour*
2 tablespoon xanthan gum or Queensland arrowroot powder*
1 teaspoon vanilla extract
200g. fresh blueberries



Equipment
6.5L Morphy Richards Slow Cooker

Method
1. Line the insides of your slow cooker with baking paper.
2. In a bowl, beat together the egg, sugar and coconut oil until integrated. Then, add the rest of the ingredients (except the blueberries) and mix thoroughly.
3. Add the blueberries making a gentle folding motion, avoid squashing them.
4. Pour the batter into your slow cooker, and press lightly against the baking paper.
5. Set your slow cooker to HIGH for 2-2½ hours, or LOW for 5 hours. The center of the slice is firm when fully baked through.
6. Turn off the slow cooker and allow the contents to cool completely with the lid open before removing. This step usually takes 30 minutes.
7. Take out, and slice. You can serve them warm or cold.
8. Store uneaten slices in airtight containers for up to a week in the fridge.

Serves 8-10

Notes
**Substitute these ingredients for a good-quality gluten-free flour. Alternatively, check our blog for Jacqui Ackland's, MasterChef series 7 contestant, gluten-free flour recipe in our blog.*

Slow Cooker Benefits

Save Money

- Slow cooking is the perfect way to tenderly cook cheaper cuts of meat, such as pork shoulder, lamb shoulder & chicken thighs. Slow cookers also use less energy than conventional ovens.
- **Try:** Pulled pork sliders.

Save Time

- Slow cooking requires minimal pre-preparation. Simply put all ingredients into the slow cooker and leave to cook. Using the slow cooker for the complete dish, means less cleanup & dishes!
- **Tip:** Prep ingredients the night before, to save even more time.

Set & Forget

- Slow cookers can be left to cook overnight or during the day and require minimal attention. Every time the lid is removed, heat is released, which means an increased cooking time, so the less you fuss the better!
- **Try:** Using your slow cooker during the day while you're at work.

Versatility

- Slow cookers aren't just for stews & lamb shanks during winter. Use your slow cooker for desserts such as Christmas or self saucing pudding, chocolate fudge, or slow cook your oats overnight ready for breakfast in the morning!
- **Tip:** Oven full with dinner? Try a slow cooker dessert.

Health

- Leaner cuts of meat can be used without drying out, as there is already enough moisture and natural juices inside the slow cooker.
- **Tip:** Trim any excess fat from meat to avoid pools of oil in your food.

Reduced Energy Usage

- Slow Cookers use substantially less energy than your conventional electric oven or cook top.
- **Tip:** Use during summer to avoid making your already hot home hotter.

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Notes

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